

Leonia Recreation Commission

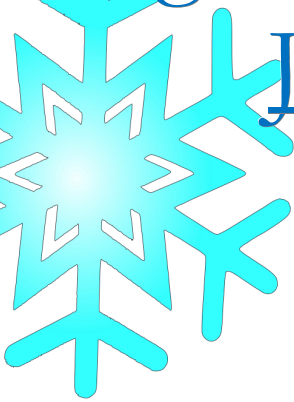
*Presents:*

2017



Registration Begins Monday

January 2, 2017



**(201) 592-5783**

**[www.LeoniasNJ.gov](http://www.LeoniasNJ.gov)**

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370 Broad Avenue, Leonias, NJ 07605



WINTER PROGRAMS

## Table of Contents

| Program   | Age Category   | Page #        |
|---|----------------|---------------|
| 2017 RECREATION INSTRUCTIONAL BASKETBALL            | YOUTH          | <b>11</b>     |
| ARTISTS CORNER                                      | YOUTH / ADULTS | <b>11</b>     |
| ADULT PROJECT SEWING                                | ADULT/SENIORS  | <b>22</b>     |
| CALLANETICS   | ADULTS/SENIORS | <b>22</b>     |
| CALLANETICS: SENIOR CLASS                           | ADULTS/SENIORS | <b>23</b>     |
| CARDIO CALLENTICS                                   | ADULTS/SENIORS | <b>23</b>     |
| CHI GUNG  | ADULTS/SENIORS | <b>23</b>     |
| CREATIVE MOVEMENT                                   | PRESCHOOL      | <b>6</b>      |
| DANCE: BALLET 1                                     | YOUTH          | <b>12</b>     |
| DANCE: PRE BALLET                                   | YOUTH          | <b>12</b>     |
| DANCE: TAP 1  | YOUTH          | <b>13</b>     |
| DANCE: TAP 2  | YOUTH          | <b>13</b>     |
| EVENING YOGA FLOW                                   | ADULTS/SENIORS | <b>24</b>     |
| FAMILY YOGA (THE LION'S PRIDE)                      | PRESCHOOL      | <b>6</b>      |
| FENCING: CLASSICAL FRENCH FOIL                      | YOUTH / ADULTS | <b>14, 24</b> |
| FENCING: LONGSWORD                                  | ADULTS/SENIORS | <b>25</b>     |
| FENCING: NOTHERN ITALIAN SABRE DUEL                 | ADULTS/SENIORS | <b>25</b>     |
| HAPPY MOMMY & BABY YOGA (WIGGLE WORMS)              | PRESCHOOL      | <b>7</b>      |
| JULIE'S MUSIC CLASS                                 | PRESCHOOL      | <b>7</b>      |
| KUMDO   | YOUTH / ADULTS | <b>14</b>     |
| LINE DANCING  | ADULTS/SENIORS | <b>26</b>     |
| MAT PILATES   | ADULTS/SENIORS | <b>26</b>     |
| MINDS IN MOTION: HOVERCRAFT WORKSHOP                | YOUTH          | <b>15</b>     |
| MINDS IN MOTION: MECHANICAL BLOWFISH ROBOT WORKSHOP | YOUTH          | <b>16</b>     |
| PRESCHOOL YOGA (THE MIGHTY MONKEYS)                 | PRESCHOOL      | <b>8</b>      |
| PROJECT SEWING                                      | YOUTH          | <b>16</b>     |
| REGISTRATION FORM                                   |                | <b>29</b>     |
| RHYTHM & RHYME MUSIC CLASS                          | PRESCHOOL      | <b>8</b>      |
| RUNNERS GYM   | PRESCHOOL      | <b>9</b>      |
| SHAMANIC DRUMMING                                   | ADULTS/SENIORS | <b>27</b>     |
| SKYHAWKS: HOOPSTER TOTS                             | PRESCHOOL      | <b>17</b>     |
| SKYHAWKS: VOLLEYBALL                                | YOUTH          | <b>17</b>     |
| SKYHAWKS: VOLLEYKATS                                | YOUTH          | <b>18</b>     |
| TABLE TENNIS  | ADULTS/SENIORS | <b>27</b>     |

## Table of Contents

| Program                               | Age Category   | Page #        |
|---------------------------------------|----------------|---------------|
| TABLE TENNIS KIDS                     | YOUTH          | <b>18</b>     |
| TAE KWON DO                           | YOUTH / ADULTS | <b>19, 27</b> |
| TENNIS LESSONS                        | YOUTH          | <b>19</b>     |
| TINY TOTS YOGA (THE BUSY BEES)        | PRESCHOOL      | <b>9</b>      |
| TODDLER ART                           | PRESCHOOL      | <b>10</b>     |
| TODDLER GYM                           | PRESCHOOL      | <b>10</b>     |
| U.S. SPORTS: SCHOOL'S OUT SPORTS CAMP | YOUTH          | <b>21</b>     |
| U.S. SPORTS: SOCCER SQUIRTS           | YOUTH          | <b>21</b>     |
| U.S. SPORTS: SOCCER SENIOR SQUIRTS    | YOUTH          | <b>22</b>     |
| YOGA (AMY PRIEST)                     | ADULTS/SENIORS | <b>28</b>     |
| YOGA FOR YOUTH                        | YOUTH          | <b>20</b>     |
| YOGA, GENTLE                          | ADULTS/SENIORS | <b>28</b>     |

## RECREATION DEPARTMENT STAFF

Barbara H. Davidson, *Superintendent*

Sean Krakower, *Office Manager*

Marion Cassidy, *Senior Coordinator*

### OFFICE HOURS

MON: 8:30 am – 4:30 pm  
TUES: 8:30 am – 8:00 pm (Late Day)  
WED: 8:30 am – 4:30 pm  
THUR: 8:30 am – 4:30 pm  
FRI: 8:30 am – 12:00 pm (Early Day)

\*\*VOICEMAIL AVAILABLE AFTER-HOURS FOR  
PROGRAM UPDATES\*\*

\*\*\*\*\*PROGRAM SCHEDULE WILL FOLLOW  
SCHOOL CALENDAR

### LEONIA RECREATION COMMISSION

#### IRA J.GOLD - CHAIRPERSON

MARILYN MULATO      KARL MARQUARDT  
JODI KRAKOWER      ERICA CHACE  
Alt. PAUL SPRINGOB      JON ABOUAF

The Recreation Commission meets at the  
Borough Annex, 305 Beechwood Place, on the  
third Tuesday of every month at 7:30 p.m.  
Public is invited to attend.

### NO CLASSES AND OFFICE CLOSED:

Monday, January 16: Martin Luther King Day

Monday, February 13: Lincoln's Birthday

Monday, February 20: Presidents Day

### PAYMENT METHODS

- Prior to attending any program a **registration form must be completely filled out** for each course.
- **Forms available online or at Recreation Center.**
- All fees are due and payable at the time of registration (except if on a waiting list).
- Late registration will be accepted, space permitting, **but will not be pro-rated.**
- **Please make checks payable to "Borough of Leonia".**

### WALK-IN REGISTRATION

- Walk-in registration will be accepted on a **first-come first-served basis.**
- If a program has been filled you may ask to be put on a waiting list.

### NON-RESIDENTS

- Space permitting, non-residents may be allowed to register for programs **after the first week of registration.**
- An **additional fee of \$25.00** will be applied to each program, unless otherwise stated.

### SIBLING DISCOUNT

- Taken at time of registration. Register 2 siblings or more in the **same program** and you will receive a 10% discount for each **additional** child.

### REFUNDS

- All refund requests, at the latest, must come directly to the Recreation office one week prior to program start date.
- **Otherwise NO REFUNDS are given unless:**
  - The program is cancelled by the Recreation Commission.
  - The request is accompanied by a doctor's written medical excuse.
    - Medical refunds are pro-rated based on the date of notification to the Recreation Commission.
- There are no refunds after a program has ended.
- A \$5.00 fee will be applied for all refunds.

### INSURANCE

- Accident reports must be filled out within 24 hours of incident.
- Waiver forms must be filled out for all children's programs.

### PROGRAM CANCELLATIONS

- The Leonia Recreation Commission reserves the right to limit or cancel programs.
- Program schedules will follow school calendar.
- ***When schools are closed due to inclement weather all programs will be canceled unless otherwise noted.***

### PARK & BALL FIELD FACILITY PERMITS

- Registration for parks and/or fields must be submitted to the Recreation Office for groups over 10.

# PRESCHOOL

## CREATIVE MOVEMENT

**Instructor:** Sharon Snyder

**Content:** A dance class that focuses on the joy of movement using activities that improves coordination, musicality, and expressiveness.

**Day:** Mondays

**Ages:** 3-5 year olds (10 spots available per class)

**Time:** 3:30 – 4:00 pm

**Date:** Jan 23 – Mar 20 (7 weeks)

**Location:** Recreation Dance Studio

**Fee:** \$85.00

**Dress:** Girls should wear any color leotard with pink tights and pink ballet shoes. Boys should wear a t-shirt, form fitting sweat pants or black tights, white socks and black or white ballet shoes.



**\*\*No classes February 13, 20 – Lincoln's Birthday/Presidents' Day\*\***

## FAMILY YOGA (THE LION'S PRIDE) - NEW PROGRAM!!!

**Instructor:** Cui Wang, 500 Hr Certified Yoga and Meditation Teacher

**Content:** Partner with your child in this lively class that's fun for the whole family. Classes weave age-appropriate poses that encourage parents and kids to work together while limbering up their minds and bodies. We'll experiment with partner poses, practice partner acrobatics and flying partner yoga to ensure a good time. We will also play yoga games, learn breathing exercises and relaxation techniques to carry with us into our busy lives.

**Ages/Time:** 3-6 years old w/ 1 Adult /10:00 – 10:45am

7+ years old w/ 1 Adult /11:00-11:45am

**Date:** Sundays: Jan 22 – Mar 19 (8 weeks)

**Location:** Recreation Center Gym

**Fee:** \$120.00



**\*\*No class February 19 – Winter Break Weekend\*\***

# PRESCHOOL

## **HAPPY MOMMY & BABY YOGA (WIGGLE WORMS) - NEW PROGRAM!!!**

**Instructor:** Cui Wang, 500 Hr Certified Yoga and Meditation Teacher

**Content:** This fun class allows you to reconnect with your body while deepening your bond with your baby. Designed for the postpartum mom, learn to rebuild strength in your core, regain flexibility, stabilize the hips, alleviate aches and discomforts, and reduce anxiety with pranayama (breathing techniques). Enjoy flowing asanas (yoga poses), challenging poses, and calming restorative time in a playful and safe environment for babies. Mom & baby Yoga can also combat depression and connect you with other moms. All parents and caregivers welcome at all levels. Please bring a blanket for your baby to rest on (2 blankets suggested: one for you and one for your baby).

**Day:** Tuesdays

**Ages:** 6 weeks – Crawlers

**Time:** 11:00am – 12:00pm

**Date:** Jan 17 – Mar 14 (8 weeks)

**Location:** Recreation Center Gym

**Fee:** \$100.00



**\*\*No class February 21 – Winter Break\*\***

## **JULIE'S MUSIC APPRECIATION**

**Instructor:** Julie Sung

**Content:** This class will highlight the universal language of music. Parents and children will experience a wide variety of musical pieces and learn musical concepts such as dynamics, tempo, rhythm, tone and pitches. This class is designed to expose children to a variety of music that will result in a greater appreciation for music. Ms. Sung is a music teacher with an extensive background in teaching young children. 12 families per class.

**Day:** Thursdays

**Ages:** 1-4 year olds

**Time:** 10:00 – 10:45 am

**Dates:** Jan 19 – Mar 9 (8 weeks)

**Location:** Recreation Center Meeting Room

**Fee:** \$125.00





# PRESCHOOL

## PRESCHOOL YOGA (THE MIGHTY MONKEYS) - NEW PROGRAM!!!

**Instructor:** Cui Wang, 500 Hr Certified Yoga and Meditation Teacher

**Content:** In this fun class we will use our imaginations to go on a different yoga adventure every week combining animal poses, silly songs, elements in nature, stories and puppets to keep our little yogis' bodies strong and creativity flowing. Enjoy age-appropriate games, music, instruments and breathing exercises to enhance concentration, improve focus and encourage mindfulness. Preschool Yoga will plant a seed for a life-long love of physical and mental well-being.

**Day:** Thursdays

**Ages:** 3-5 years old

**Time:** 4:00 – 4:45pm

**Date:** Jan 19 – Mar 9 (8 weeks)

**Location:** Recreation Center Meeting Room

**Fee:** \$100.00



## RHYTHM AND RHYME MUSIC CLASS

**Instructor:** Gehn Su

**Content:** Play dress up, dance and have fun with all of our new friends singing along to our favorite nursery rhymes. Wonderful opportunity for the little ones!

**Day:** Wednesdays

**Ages/Time:** 18-24 months ----- 9:30 – 10:15 am

2-4 year olds ----- 10:30 – 11:15 am

**Date:** Jan 18 – Mar 22 (10 weeks)

**Location:** Recreation Center Meeting Room

**Fee:** \$115.00



# PRESCHOOL

## RUNNERS GYM

**Instructor:** Gehn Su

**Content:** Get some energy out! This is for toddlers on the go as he/she will run, jump, & tumble through the gym. Balls, beanbags, hula-hoops, and the mini trampoline are some of the play highlights. Circle time songs, the parachute, and train are also included.

**Ages:** 2-4 year olds

**Date:** **Mondays:** Jan 23 – Apr 3 (9 weeks)

**Fridays:** Jan 20 – Mar 17 (9 weeks)

**Time:** 10:30 – 11:15 am

**Location:** Recreation Center Gym

**Fee:** \$95.00



**\*\*No classes February 13, 20 – Lincoln's Birthday/Presidents' Day\*\***

## TINY TOTS YOGA (THE BUSY BEES) - NEW PROGRAM!!!

**Instructor:** Cui Wang, 500 Hr Certified Yoga and Meditation Teacher

**Content:** Partner with your toddler in simple animated poses and imaginative games designed to enhance focus, sharpen listening skills, and tap into their budding creativity. Experience fun games, music, instruments, storytelling, and breathing exercises to strengthen coordination and build body awareness. Come join us as Kids' yoga will plant a seed for a life-long love of physical and mental well-being.

**Day:** Tuesdays

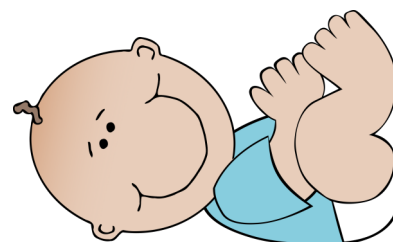
**Ages:** Strong Walkers through 3 years old w/ adult

**Time:** 10:00 – 10:45am

**Date:** Jan 17 – Mar 14 (8 weeks)

**Location:** Recreation Center Gym

**Fee:** \$100.00



**\*\*No class February 21 – Winter Break\*\***



# PRESCHOOL

## TODDLER ART CLASS

**Instructor:** Gehn Su

**Content:** In this program our little crawlers will express themselves and show their ideas and creativity through the magic of art. Fun for Moms and Dads as well!

**Day:** Tuesdays

**Ages/Time:** Toddler 1: Ages 1-2 year olds ----- 9:30 – 10:15 am

Toddler 2: Ages 2-4 year olds ----- 10:30 – 11:15 am

**Date:** Jan 17 – Mar 21 (9 weeks)

**Location:** Recreation Center Art Room

**Fee:** \$95.00



**\*\*No class February 21 – Winter Break\*\***

## TODDLER GYM

**Instructor:** Gehn Su

**Content:** What better place to spend time with a toddler than in the gym! A time of crawling, jumping, running, and climbing. Introduction to circle time songs, the parachute, Lummi sticks, and a ride on the famous Recreation train! Parent/caregiver participation required.

**Ages:** 12 – 24 months

**Date:** Mondays: Jan 23 – Apr 3 (9 weeks)

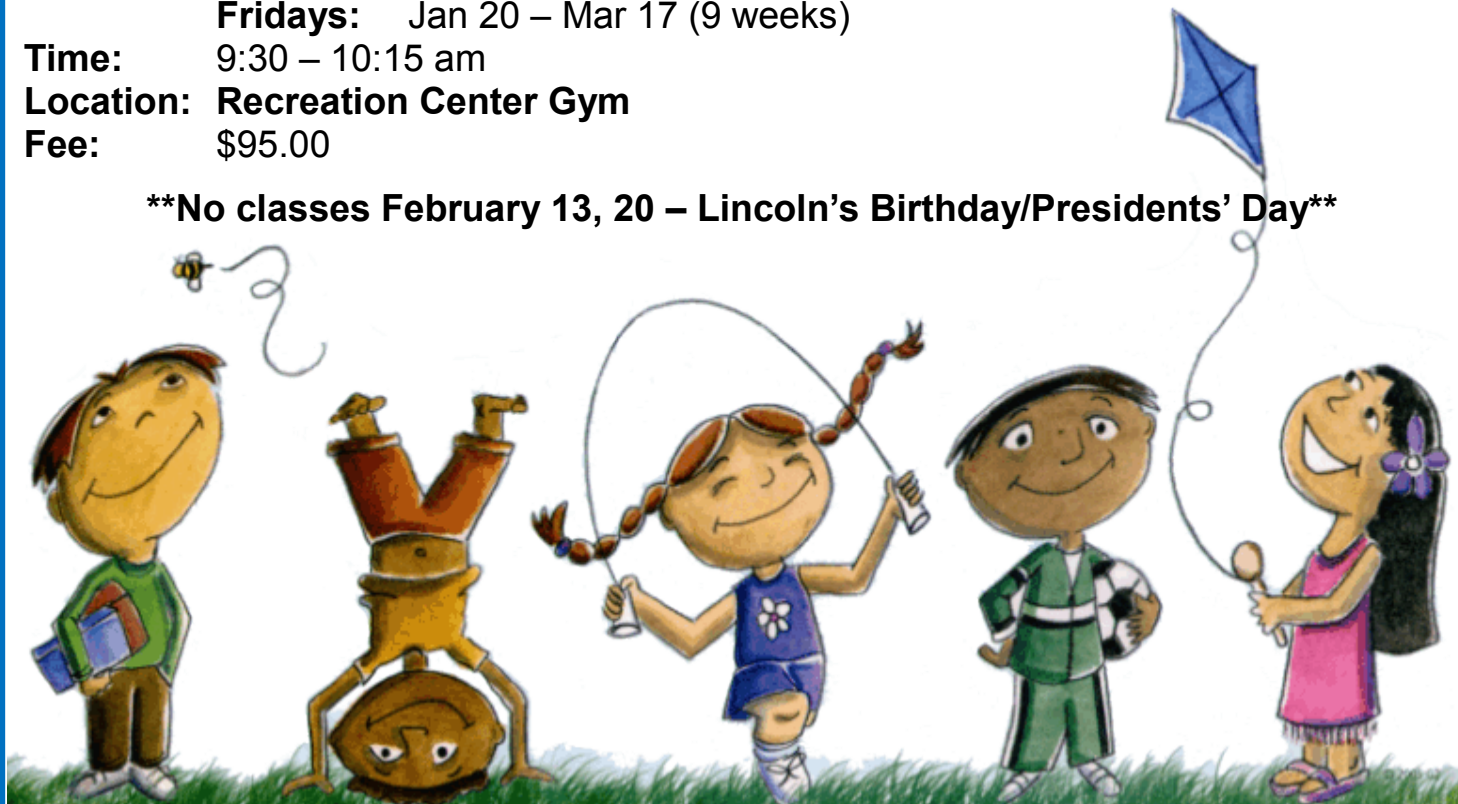
Fridays: Jan 20 – Mar 17 (9 weeks)

**Time:** 9:30 – 10:15 am

**Location:** Recreation Center Gym

**Fee:** \$95.00

**\*\*No classes February 13, 20 – Lincoln's Birthday/Presidents' Day\*\***



# Youth

## 2017 Recreation Instructional Basketball

**Instructor:** Natalie Labrada & Jessica Ragone

**Content:** Welcome to another season of Recreation Basketball! This program will cover all the basics of the wonderful game of basketball. Skills include: dribbling, shooting, passing, defense, and offensive play. Throughout the 10 week course our excellent coaching staff will bring the game alive through skill drills and game play.

**Time/Age:** **Grades K-2:** 4:00 – 5:00 pm

**Grades 3-5:** 5:00 – 6:00 pm

**Day:** **Fridays**

**Date:** Jan 13 – March 17 (10 weeks)

**Location:** **Recreation Center Gym**

**Fee:** \$75.00



## Artists Corner

**Instructor:** Marco Reyes

**Content:** During this 10 week program students are encouraged to explore various art media including watercolors, acrylic painting, drawing, inking, airbrush, and more. This class will be used to work on projects at the students' own pace with guidance from the instructor and surrounding artists. We will add inspired pieces to an art portfolio demonstrating depth and knowledge of multiple mediums. For *beginners* there will be one-on-one instruction and exercises to develop skills, *Intermediate artists* will refine their skills and learn more techniques, and *advanced artists* will find opportunities to try different methods of developing their own style.

**Day:** **Saturdays**

**Ages:** **10 year olds and Up**

**Time:** 10:00am – 12:00pm

**Date:** January 21 – Apr 1 (10 weeks)

**Location:** **Recreation Center Meeting Room**

**Fee:** \$115.00



**\*\*No class February 18 – Winter Break Weekend\*\***

# Youth

## Dance: Ballet 1

**Instructor:** Sharon Snyder

**Content:** For the more serious student ready to focus on ballet technique.

**Day:** Mondays

**Ages:** 7 year olds and Up, or with teacher approval

**Time:** 6:00 – 6:50 pm

**Dates:** Jan 23 – Mar 20 (7 weeks)

**Location:** Recreation Dance Studio

**Fee:** \$75.00

**Dress:** Leotard, pink tights, pink ballet shoes, and hair must be worn-up and secured! No skirts or jewelry please.

**\*\*No classes February 13, 20 – Lincoln's Birthday/Presidents' Day\*\***



## Dance: Pre-Ballet

**Instructor:** Sharon Snyder

**Content:** In this introduction to ballet class children will learn the joy of movement with emphasis on rhythm, coordination, and flexibility.

**Day:** Mondays

**Ages:** 5-7 year olds

**Time:** 4:10 – 4:40 pm

**Date:** Jan 23 – Mar 20 (7 weeks)

**Location:** Recreation Dance Studio

**Fee:** \$75.00

**Dress:** Girls should wear any color leotard with pink tights and pink ballet shoes. Boys should wear a t-shirt, form fitting sweat pants or black tights, white socks and black or white ballet shoes.



**\*\*No classes February 13, 20 – Lincoln's Birthday/Presidents' Day\*\***

# Youth

## Dance: Tap 1

**Instructor:** Sharon Snyder

**Content:** Children will enhance their rhythm and motor skills in this class focusing on basic tap steps.

**Day:** Mondays

**Ages:** 5 year olds and Up

**Time:** 4:45 – 5:15 pm

**Date:** Jan 23 – Mar 20 (7 weeks)

**Location:** Recreation Dance Studio

**Fee:** \$85.00

**Dress:** Girls and boys should wear loose fitting clothes and tap shoes.



**\*\*No classes February 13, 20 – Lincoln's Birthday/Presidents' Day\*\***

## Dance: Tap 2

**Instructor:** Sharon Snyder

**Content:** A continuation of the Tap 1 Class using basic tap choreography to improve the students' coordination, rhythm and improvisational skills.

**Day:** Mondays

**Ages:** 7 year olds and Up, or with teacher approval

**Time:** 5:25 – 5:55 pm

**Date:** Jan 23 – Mar 20 (7 weeks)

**Location:** Recreation Dance Studio

**Fee:** \$85.00

**Dress:** Girls and boys should wear loose fitting clothes and tap shoes.



**\*\*No classes February 13, 20 – Lincoln's Birthday/Presidents' Day\*\***



# Youth

## Fencing: Classical French Foil

**Content:** Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. For beginners class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses with this thrusting weapon. For returning students you will need to purchase a mask and jacket and you will begin fencing with each other. Classes require both mental and physical exertion which will help you develop strength, stamina, flexibility, and mental acuity.

**Ages:** **10 year olds and Up**

**Day:** **Tuesdays**

**Time:** 6:00 – 7:00 pm

**Date:** Jan 17 – Mar 28 (9 weeks)

**Location:** **Recreation Dance Studio**

**Fee:** \$150.00 resident \$175.00 non-resident



**\*\*No classes February 14, 21 – Valentine's Day/Winter Break\*\***

## Kumdo – New Program!!!

**Instructor:** **Jinwoo Chang**, 4th Degree Black Belt - Korean Kumdo Association

**Content:** The Concept of KUMDO is to discipline the human character through the application of the principles of the sword. From practicing KUMDO we aim to: mold the mind and body, cultivate a vigorous spirit, improve your skills, learn how to be honorable, treat others with sincerity, and forever pursue bettering oneself. Kumdo is also beneficial to oneself by learning respect for others and oneself, improving concentration, relieving stress, building confidence, promoting good health, strengthening the spirit, emphasizing good posture, acquiring self-defense skills, and losing weight.

**Day:** **Mondays & Wednesdays**

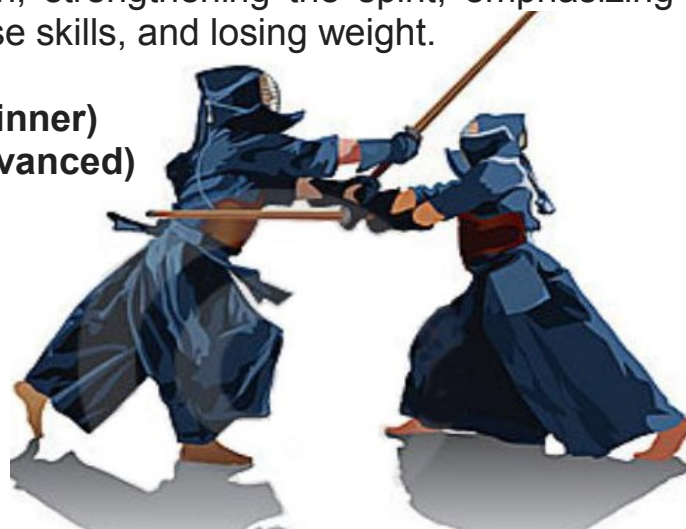
**Ages/Time:** 7:00–8:00pm (10-13 yr olds - Beginner)  
8:15–9:45pm (14 yr old & Up - Advanced)

**Date:** Jan 23 – Apr 3 (Mon) &  
Jan 18 – Mar 29 (Wed)

**Duration:** **20 classes**

**Location:** **Recreation Dance Studio**

**Fee:** \$190.00 Resident  
\$210.00 Non Resident



**\*\*No classes February 13, 20 – Lincoln's Birthday/President's Day\*\***



# Youth

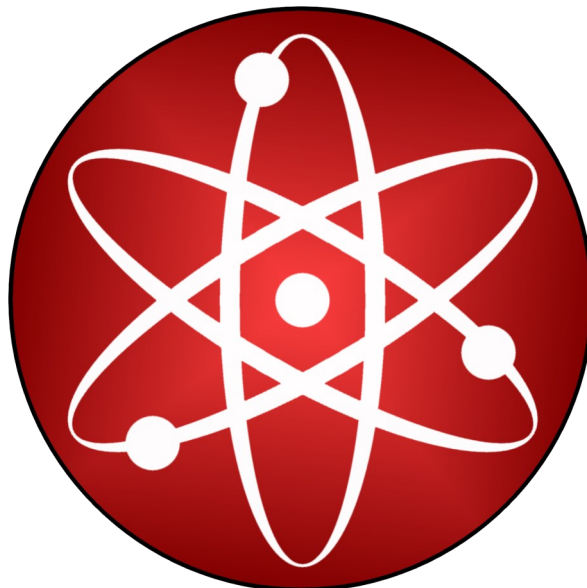
## Minds in Motion: Hovercraft Workshop - NEW PROGRAM!!

**Content:** Build and take home your very own motorized Hover Racer! Watch it skim smoothly across the floor on its cushion of air! Once completed, you can enjoy your newly assembled hovercraft as you race against your classmates. Take part in other exciting activities involving the science of air pressure. Build a mini mighty missile launcher and watch it travel as much as ten feet high! Compete with your friends to see how many cups you can knock down using our Minds in Motion Air Zooka. What's an Air Zooka? Come and find out! See if you can muster the strength to take apart our pressure pullers! You will also witness some really neat demonstrations from your instructor. Watch as an egg is magically sucked into a bottle. Behold our zero gravity device and much more in this exciting workshop!

**Ages:** 6-11 years old  
**Day:** Tuesdays  
**Time:** 4:00 – 5:00 pm  
**Date:** Jan 17 – Mar 14 (8 Weeks)  
**Location:** Recreation Center Art Room  
**Fee:** \$155.00 (includes all materials)



**\*\*No class February 21 – Winter Break\*\***





# Youth

## Minds in Motion: Mechanical Blowfish Robot Workshop

**Content:** Experience the world of robotics by building and taking home your very own Mechanical Blowfish Robot! Using a crank and linkage rod system, this robo-fish propels itself through the water by its swinging tail fin. Learn all about how the Blowfish Robot works by its motor, gearbox, battery box, and switch. You will also be able to see all the mechanical parts in motion through the transparent green top! It is sealed water-proof tight and you will be able to see it work in our Minds In Motion pool. This energetic aquatic robot can even make it across an Olympic sized pool all on its own! Working in groups, students will also free-build with hundreds of robotic parts. Come get your mind in motion to see who can build the fastest and strongest robot!

**Ages:** 6-11 years old  
**Day:** Tuesdays  
**Time:** 5:15 – 6:15 pm  
**Date:** Jan 17 – Mar 14 (8 Weeks)  
**Location:** Recreation Center Art Room  
**Fee:** \$155.00 (includes all materials)



**\*\*No class February 21 – Winter Break\*\***

## Project Sewing

**Instructor:** Gehn Su

**Content:** This sewing class is a blast for children of all ages! No experience is needed and your children will have the opportunity to sew things they can actually use and make their own patterns. The class is open to both boys and girls who wish to pursue their own fashion creativity. Ms. Su has 20 years of sewing experience.

**Ages:** 2-8 Graders  
**Day:** Tuesdays  
**Time:** 3:30 – 4:30 pm OR 4:45 – 5:45 pm  
**Date:** Jan 17 – Mar 21 (9 weeks)  
**Location:** Recreation Center Meeting Room  
**Fee:** \$120.00 (includes fee for materials)



**\*\*No class February 21 – Winter Break\*\***

# Youth

## Skyhawks: HoopsterTots

**Content:** Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing, and team work. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

**Time:** 2:30 – 3:15 pm (**ages 3 – 4**)  
3:15 – 4:00 pm (**ages 5 – 6**)

**Day:** **Fridays**

**Date:** Jan 20 – Mar 10 (8 weeks)

**Location:** **Recreation Center Gym**

**Fee:** \$115.00

**Dress:** Athletic wear, sneakers, water bottle labeled with your child's name, and a snack.



## Skyhawks: Volleyball - New Program!!!

**Content:** All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting, and serving. Our volleyball staff will assist each athlete in developing the fundamental skills of the game through game-based drills and scrimmages aimed at developing the whole player.

**Time/Age:** **Grades 2-3:** 4:00 – 5:00 pm  
**Grades 4-5:** 5:00 – 6:00 pm

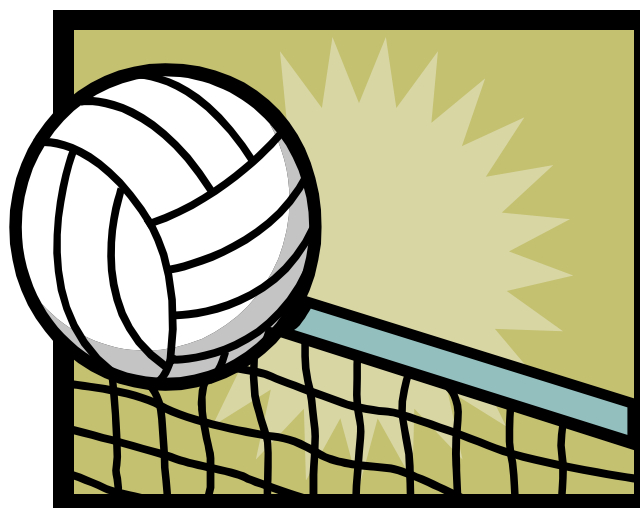
**Day:** **Mondays**

**Date:** Jan 23 – Mar 27 (8 weeks)

**Location:** **Recreation Center Gym**

**Fee:** \$115.00

**\*\*No classes February 13, 20 –  
Lincoln's Birthday/Presidents' Day\*\***



# Youth

## Skyhawks: VolleyKats - New Program!!!

**Content:** VolleyKats takes the energy and excitement of this great team sport and puts it all together for our young athletes. We use a variety of fun games to teach basic volleyball techniques including passing, setting, hitting, serving, and blocking. Kids will be instructed in arm, hand, and foot positioning as well as the rules and positions.

**Time/Age:** **Ages 3-4:** 2:30 – 3:15 pm

**Ages 5-6:** 3:15 – 4:00 pm

**Day:** Monday

**Date:** Jan 23 – Mar 27 (8 weeks)

**Location:** Recreation Center Gym

**Fee:** \$115.00



**\*\*No classes February 13, 20 – Lincoln's Birthday/Presidents' Day\*\***

## Table Tennis Kids

**Instructor:** Sue Chak

**Content:** Welcome to the fun world of Ping Pong. Table Tennis offers numerous benefits. It offers physical fitness, improves alertness, hand-eye coordination, and many more. Table Tennis invigorates brain functionality, improves concentration, and moves every muscle of a child's body without being stressed. Our USA Table Tennis affiliated trainers make the training session a fun way to learn. For training purposes we will provide ping pong rackets and balls. Come join us for a fun filled session while learning this Olympic sport.

**Ages/Time:** 4:30 - 5:30 pm (ages 6-10)

5:30 - 6:30 pm (ages 11-13)

**Day:** Tuesdays OR Sundays

**Date:** Jan 17 – Mar 14 (Tuesdays - 8 weeks)

Jan 22 - Mar 19 (Sundays - 8 weeks)

**Location:** Tuesdays/Recreation Center Gym

Sundays/Recreation Dance Studio

**Fee:** \$125.00 (includes paddles and balls)

\$180.00 (for both classes)



**\*\*No classes February 19, 21 – Presidents' Day/Winter Break\*\***

# Youth

## Tae Kwon Do

**Instructor:** Laura Lewis, 3<sup>rd</sup> Degree Black Belt

**Content:** Improve balance, flexibility, conditioning, and self-esteem while learning self-defense as well as competition style Tae Kwon Do. Students can advance in belts through serious practice and dedication. Great for both parents and children to take together! Additional fee of \$25.00 is required to take promotion test.

**Ages:** 6 year olds and Up

**Day:** Mondays

**Time:** 6:30 – 7:30 pm - Beginners (white & yellow belts)  
7:30 – 9:00 pm - Advanced (green & up belts)

**Date:** Jan 23 – Apr 3 (9 weeks)

**Location:** Recreation Center Gym

**Fee:** \$100.00



**\*\*No classes February 13, 20 – Lincoln's Birthday/Presidents' Day\*\***

## Tennis Lessons

**Instructor:** Barry Ruback

**Content:** Lessons consist of one hour small group instruction with an emphasis on fundamentals, analysis, strategy, exercise and FUN! Lessons are under the supervision of Barry Ruback – United States Professional Tennis Association. Call Barry Ruback at (201) 568-3946 for information.

**Ages:** Grades K and Up

**Day:** Thursdays

**Time:** 3:15 – 4:15 pm -- K - 1 Graders  
4:15 – 5:15 pm -- 2 - 3 Graders  
5:15 – 6:15 pm -- 4 - 5 Graders  
6:15 – 7:15 pm -- 6 Graders and Up

**Session 1:** Jan 19 – Feb 23 (6 weeks)

**Session 2:** March 2 – Apr 6 (6 weeks)

**Location:** Recreation Center Gym

**Fee:** \$125.00



# Youth

## Yoga For Youth

**Instructor:** Nancy Zurich, Little Flower Yoga Member Teacher

**Content:** Unique engaging classes combining yoga and mindfulness in a developmentally appropriate way to support the success of all children and adolescents. The LFY approach incorporates five key elements in each session: Connect, Breathe, Move, Focus and Relax. The atmosphere of the class is supportive and encouraging. Please have your children wear comfortable clothes to move in.

**Ages:** 7-12 year olds (12 spots available)

**Day:** Wednesdays

**Time:** 4:00 – 4:55 pm

**Date:** Jan 18 – Mar 22 (10 weeks)

**Location:** Recreation Dance Studio

**Fee:** \$115.00





# Youth

## U.S. SPORTS INSTITUTE CLASSES

**SCHOOL'S OUT SPORTS CAMP (age 5 to 11):** In an environment that encourages good sportsmanship and teamwork this camp allows players will experience up to 4 different sports each morning. In the afternoons players switch their focus to soccer.

Throughout the day participants will learn new skills and develop their understanding of playing a scrimmage within in each sport. Through small-sided tournament style scrimmages create a fun and exciting atmosphere for all!

**Leonia Online Fall Camp Schedule:** <https://goo.gl/gJcFIN>

Visit USsportsInstitute.com or call 732-563-2520



### WINTER CAMPS

**MLK Day:** January 16

**Day:** Monday

**Time:** 9am-3pm (Half Day or Full Day Options 9am-12:30pm/ 9am-3pm)  
Early 8am Drop Off Available (additional \$5 per day)

**President's Day:** February 20 & Feb 21

**Details:** Monday - Tuesday

9am-3pm (Half Day or Full Day Options 9am-12:30pm/ 9am-3pm)  
Early 8am Drop Off Available (additional \$5 per day)

**SOCCER SQUIRTS (age 3 to 6):** Participants will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. Players will be taught through structured activities, fun games, and scrimmages.

**Leonia Online Squirts Schedule:** <https://goo.gl/gA1P4V>

Visit USsportsInstitute.com or call 732-563-2520



### WINTER CLASSES

**Dates:** January 20 - March 3

**Day:** Fridays

**Ages/Time:** 4:00-5:00pm (ages 3-4 years old)  
5:00-6:00pm (ages 4-5 years old)

**Duration:** 7 Weeks



# Youth

## U.S. SPORTS INSTITUTE CLASSES

**SOCCER - SENIOR SQUIRTS (age 6 to 8):** Players learn the principles of attacking, defending and passing, and will be encouraged to apply these skills to game scenarios. All Senior Squirts curriculums create an environment which allows players to develop and progress within sport.

**Leonia Online Senior Squirts Schedule:** <https://goo.gl/gA1P4V>

Visit USsportsInstitute.com or call 732-563-2520

### WINTER CLASSES

**Dates:** January 20 - March 3

**Day:** Fridays

**Time:** 6:00-7:00pm

**Duration:** 7 Weeks



## ADULTS/SENIORS

### ADULT PROJECT SEWING

**Instructor:** Gehn Su

**Content:** This class is for basic sewing with a machine. In this new innovative program Ms. Su will instruct you on how to use a sewing machine, basic stitching and hemming, and how to make simple patterns. Come enjoy the world of sewing and find less of a need for a tailor in the future! Ms. Su has 20 years of sewing experience and teaching.

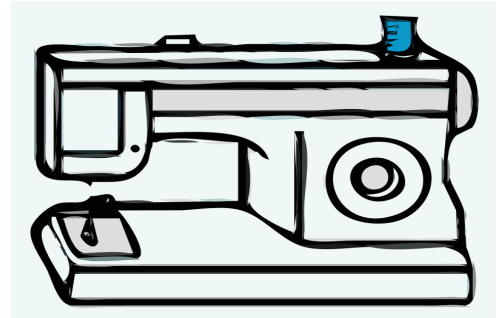
**Day:** Wednesdays

**Time:** 11:00 am – 12:30 pm

**Date:** Jan 18 – Mar 22 (10 weeks)

**Location:** Recreation Center Meeting Room

**Fee:** \$150.00 one-time fee for materials



### CALLANETICS

**Instructor:** Lynne Marotta, Certified Trainer

**Content:** Callanetics will gently improve posture, strengthen and tone muscles as well as increase flexibility. This non-aerobic exercise enhances how you look and feel while keeping your back, neck, and knees safe.

**Day/Time:** Tuesdays

9:30 – 10:30am

Thursdays

9:30 – 10:30am

Saturdays

9:15 – 10:15am

**Date:** Jan 17 – Mar 28 (Tue); Jan 19 – Mar 23 (Thu); Jan 21 – Apr 1 (Sat)

**Location:** Recreation Dance Studio

**Fee:** \$80.00 1 class      \$105.00 non-resident

\$140.00 2 classes      \$165.00 non-resident

\$190.00 3 classes      \$215.00 non-resident

**\*\*No classes February 18, 21 – Presidents' Day/Winter Break\*\***

# ADULTS/SENIORS

## CALLANETICS SENIOR CLASS: GENTLE STRETCH AND TONING

**Instructor:** Lynne Marotta, Certified Trainer

**Content:** Enjoy gentle movements that strengthen and tone the body. The exercises and stretches will be done sitting, standing, or done on a mat. You will learn how to get up and down to the mat as well. This relaxed atmosphere will enable you to learn about our body at your own pace. You will learn how to keep your back, neck and knees protected as you strengthen.

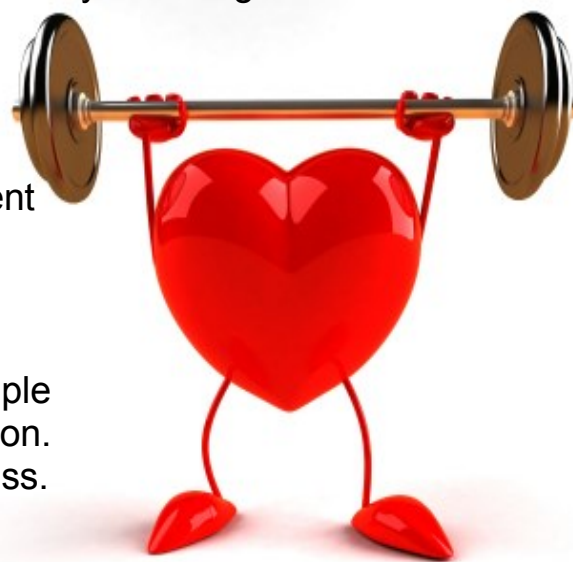
**Day:** Thursdays

**Time:** 10:45 – 11:45 am

**Date:** Jan 19 – Mar 23 (10 weeks)

**Location:** Recreation Dance Studio

**Fee:** \$55.00 resident      \$70.00 non-resident



## CARDIO CALLANETICS

**Instructor:** Lynne Marotta, Certified Trainer

**Content:** A low impact aerobics class with simple dance steps using full range of motion. Increases fluidity and cardiovascular fitness.

**Day:** Tuesdays

**Time:** 10:45 – 11:15 am

**Date:** Jan 17 – Mar 28 (10 weeks)

**Location:** Recreation Dance Studio

**Fee:** \$60.00 resident      \$75.00 non-resident

**\*\*No class February 21 – Winter Break\*\***

## CHI GUNG (QIGONG – CHI GONG)

**Instructor:** Norman Blagman

**Content:** Chi Gung (Qigong-Chi Gong) is a Mind and Body exercise for healing, longevity, and has been used in China for thousands of years. It incorporates belly breathing and gentle movements. It clears energy blockages and balances the Yin and Yang and restores optimum health. Please wear loose clothing.

**Day:** Mondays

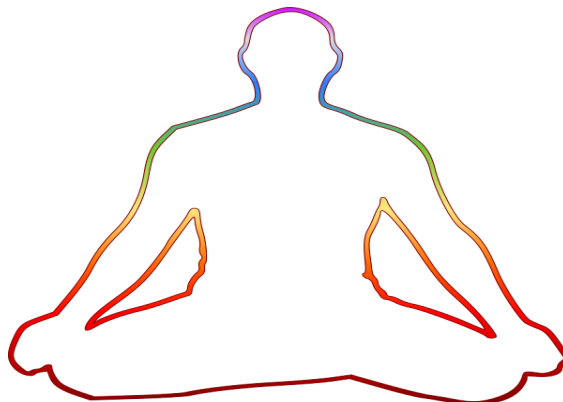
**Time:** 9:30 – 10:30 am

**Date:** Jan 23 – Apr 3 (9 Weeks)

**Location:** Recreation Center Meeting Room

**Fee:** \$90.00 OR \$10.00 per Session

**\*\*No classes February 13, 20 –  
Lincoln's Birthday/Presidents' Day\*\***



# ADULTS/SENIORS

## EVENING YOGA FLOW

**Instructor:** Megan K. Lutz, Registered Yoga Teacher

**Content:** Yoga is a practice that links the breath with movement to stretch and strengthen the body while also balancing and centering the mind. Please join me for this alignment oriented mixed level Vinyasa Flow class where you will be encouraged to meet yourself in the moment. \*This session we will be exploring the Yogic principles of the Yamas or Outward Practices\*

**Ages:** 16 year olds and Up (12 spots available per class)

**Day:** Mondays

**Time:** 7:30 – 8:30 pm

**Date:** Feb 6 – Apr 3 (7 Weeks)

**Location:** Recreation Center Meeting Room

**Fee:** \$90.00

**\*\*No classes February 13, 20 – Lincoln's Birthday/Presidents' Day\*\***

**Day:** Thursdays

**Time:** 7:30 – 8:30 pm

**Date:** Feb 9 – Mar 23 (7 Weeks)

**Location:** Recreation Center Meeting Room

**Fee:** \$90.00

**Day:** Mondays & Thursdays (For Both Classes)

**Location:** Recreation Center Meeting Room

**Fee:** \$160.00

**Walk-Ins:** \$20.00 per class – Please Arrive 10 Minutes Early to Sign Paperwork and Pay for the Class

## FENCING: CLASSICAL FRENCH FOIL

**Content:** Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. For beginners class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses with this thrusting weapon. For returning students you will need to purchase a mask and jacket and you will begin fencing with each other. Classes require both mental and physical exertion which will help you develop strength, stamina, flexibility, and mental acuity.

**Ages:** 10 year olds and Up

**Day:** Tuesdays

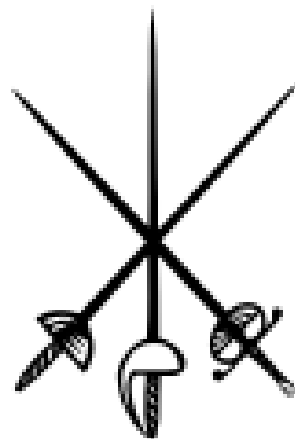
**Time:** 6:00 – 7:00 pm

**Date:** Jan 17 – Mar 28 (9 weeks)

**Location:** Recreation Dance Studio

**Fee:** \$150.00 resident      \$175.00 non-resident

**\*\*No classes February 14, 21 – Valentine's Day/Winter Break\*\***



# ADULTS/SENIORS

## FENCING: LONGSWORD

**Content:** The knightly art of Longsword was used in Europe for hundreds of years to fight wars, duels, and personal combat. This simple cruciform hilted sword can be used with one or two hands. This class will focus on the fundamental posture and movement before going into cutting and thrusting followed by the primary guards and defenses. Students will begin working on partner drills by the end of the session.

**Ages:** 18 year olds and Up

**Day:** Tuesdays

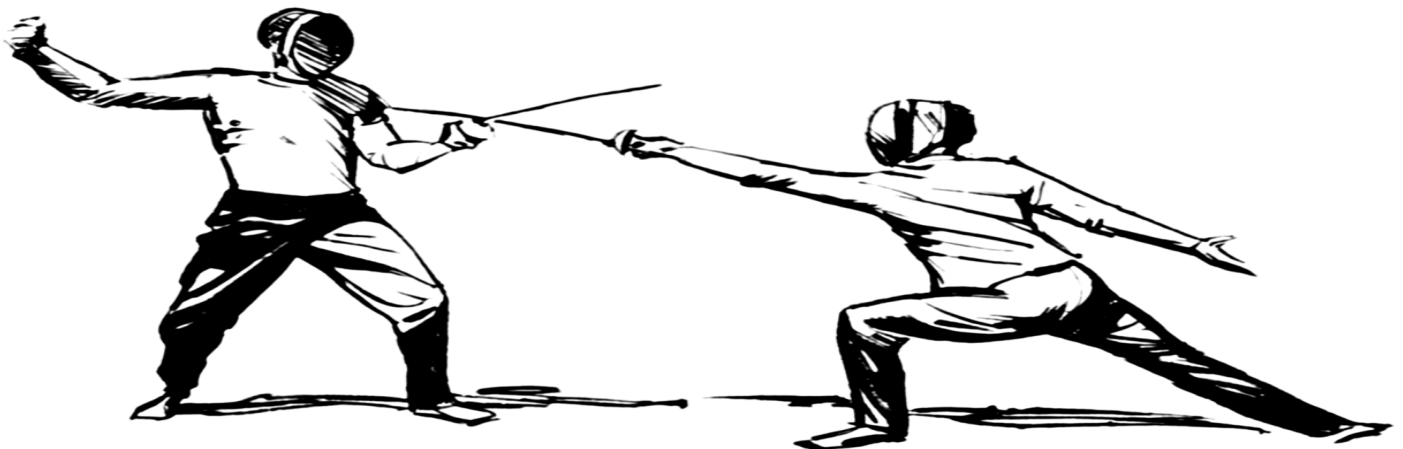
**Time:** 7:00 – 8:00 pm

**Date:** Jan 17 – Mar 28 (9 weeks)

**Location:** Recreation Dance Studio

**Fee:** \$150.00 resident      \$175.00 non-resident

**\*\*No classes February 14, 21 – Valentine's Day/Winter Break\*\***



## FENCING: NORTHERN ITALIAN DUELING SABRE

**Content:** Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. For beginners class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses of this cut & thrust weapon. For returning students you will need to purchase a mask and jacket and you will begin fencing with each other. Classes require both mental and physical exertion which will help you develop strength, stamina, flexibility, and mental acuity.

**Ages:** 18 year olds and Up

**Day:** Tuesdays

**Time:** 8:00 – 9:00 pm

**Date:** Jan 17 – Mar 28 (9 weeks)

**Location:** Recreation Dance Studio

**Fee:** \$150.00 resident      \$175.00 non-resident

**\*\*No classes February 14, 21 – Valentine's Day/Winter Break\*\***

# ADULTS/SENIORS

## LINE DANCING

**Instructor:** Gloria Zimmerman

**Content:** If you are looking for FUN, come join us and learn line dancing! Beginners are always welcome.

**Ages:** 55 year olds and Up

**Day:** Fridays

**Date:** Jan 20 – Mar 24 (10 weeks)

**Time:** 10:30 – 11:30 am

**Location:** Recreation Dance Studio

**Fee:** \$30.00 resident \$40.00 non-resident



## MAT PILATES - PURE POWERHOUSE

**Instructor:** Marisa Santoro, Certified Mat Pilates Instructor – PowerPilates, NYC

**Content:** Transform how you look, feel, and move as every movement stems from your core (torso), and nothing strengthens those hard to reach muscles better than Pilates exercises. Ms. Santoro will show how to transition and flow through the exercises that will not only target the abs, but also the glutes, hips, inner thighs and back, while giving the entire body a unique workout. Pilates rings are highly recommended. Please bring a towel and water.

**Day:** Mondays or Thursdays

**Time:** 10:30 – 11:15 am (Mon)

7:30 – 8:15 pm (Thurs)

**Date:** Jan 23 – Mar 27 (Mon); Jan 19 – Mar 9 (Thurs)

**Duration:** 8 Weeks

**Location:** Recreation Dance Studio

**Fee:** \$95.00 Resident

\$120.00 Non Resident



**\*\*No classes February 13, 20 – Lincoln's Birthday/Presidents' Day\*\***



# ADULTS/SENIORS

## SHAMANIC DRUMMING

**Instructor:** Anne Wennhold

**Content:** Rhythmic adventure with drums, rattles, and other percussion instruments. Explore Shamanic tradition and experience a ritual called "journeying."

**Day:** Fridays

**Time:** 9:30 – 11:00 am

**Date:** Jan 27 – Mar 31 (10 weeks)

**Location:** Recreation Center Meeting Room

**Fee:** \$95.00 resident \$110.00 non-resident



## TABLE TENNIS

**Instructor:** Sol Epstein / Dave Torres / Danilo Torres

**Content:** Enjoy the competition of table tennis in a fun atmosphere. Each player is asked to bring their own paddle and balls. Call Leonia Recreation Center at (201) 592-5783 for more information.

**Ages:** 18 year olds and Up

**Day:** Wednesdays

**Time:** 5:00 – 10:00 pm

**Location:** Recreation Center Gym

**Fee:** \$90.00 resident (for entire 2017 year)  
\$120.00 non-resident (for entire 2017 year)



## TAE KWON DO

**Instructor:** Laura Lewis, 3<sup>rd</sup> Degree Black Belt

**Content:** Improve balance, flexibility, conditioning, and self-esteem while learning self-defense as well as competition style Tae Kwon Do. Students can advance in belts through serious practice and dedication. Great for both parents and children to take together! Additional fee of \$25.00 is required to take promotion test.

**Ages:** 6 year olds and Up

**Day:** Mondays

**Time:** 6:30 – 7:30 pm -- Beginners (White & Yellow belts)  
7:30 – 9:00 pm -- Advanced (Green & Up belts)

**Date:** Jan 23 – Apr 3 (9 weeks)

**Location:** Recreation Center Gym

**Fee:** \$100.00



**\*\*No classes February 13, 20 – Lincoln's Birthday/Presidents' Day\*\***



# ADULTS/SENIORS

## YOGA

**Instructor:** Amy Priest, Padma/Certified Yoga Instructor

**Content:** Yoga means “union.” In this multi-level class we will be bringing into union body, mind, and spirit through yoga asanas (postures), pranayama (breathing practices), and yoga nidra (deep relaxation), which moves into stillness and meditation.

**Day:** **Wednesdays**

**Time:** 10:15 – 11:15 am \*\*\*Please be on time\*\*\*

**Date:** Jan 18 – Mar 22 (10 Weeks)

**Location:** **Recreation Dance Studio**

**Fee:** \$130.00 resident \$155.00 non-resident

**Dress:** Wear comfortable clothes, bring mat or towel, and do not eat right before class.



## YOGA, GENTLE

**Instructor:** Amy Priest, Padma/ Certified Yoga Instructor

**Content:** Designed for those who prefer a gentler yoga class. Each class will end with a guided deep relaxation that will take you into a deeper state of stillness and meditation.

**Day:** **Wednesdays**

**Time:** 11:30 am – 12:30 pm

**Date:** Jan 18 – Mar 22 (10 Weeks)

**Location:** **Recreation Dance Studio**

**Fee:** \$130.00 resident \$155.00 non-resident

**Dress:** Wear comfortable clothes, bring mat or towel, and do not eat right before class.

## YOGA, SATURDAY

**Instructor:** Amy Priest, Padma/Certified Yoga Instructor

**Day:** **Saturdays**

**Time:** 10:30 am – 12:00 pm

**Location:** **Recreation Dance Studio**

**Fee:** \$18.00 per class

**Duration:** All Year Round - Ongoing



# REGISTRATION FORM

Up to three programs may be registered for on one form and up to two names may be listed as long as it is for the same program / programs.

Please make checks payable to "BORO OF LEONIA"

\*NO NEWS IS GOOD NEWS\*

You will only be notified if a class has been filled, cancelled or changed.

\*\*\*\*\*

## PLEASE FILL OUT ENTIRE FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL \_\_\_\_\_

WORK #\_ \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ CHILD GRADE \_\_\_\_\_

PARENT/GUARDIAN NAME(PRENT) \_\_\_\_\_

Email address \_\_\_\_\_

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1. PROGRAM NAME \_\_\_\_\_

TIME \_\_\_\_\_ DAY \_\_\_\_\_ AMOUNT \_\_\_\_\_

2. PROGRAM NAME \_\_\_\_\_

TIME \_\_\_\_\_ DAY \_\_\_\_\_ AMOUNT \_\_\_\_\_

3. PROGRAM NAME \_\_\_\_\_

TIME \_\_\_\_\_ DAY \_\_\_\_\_ AMOUNT \_\_\_\_\_

WE ASK ALL PARTICIPANTS OF RECREATION PROGRAMS TO PLEASE  
COMPLETE AN EMERGENCY AUTHORIZATION FORM IF NOT CURRENTLY  
ON FILE OR INFORMATION HAS CHANGED.

NOTE: THE BOROUGH OF LEONIA IS NOT RESPONSIBLE FOR AN ACCIDENT WHICH IS THE DIRECT RESULT OF THE PARTICIPANT'S INVOLVEMENT IN A RECREATION PROGRAM. ANY MEDICAL TREATMENT FOR ANY

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NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL \_\_\_\_\_

WORK #\_ \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ CHILD GRADE \_\_\_\_\_

PARENT/GUARDIAN NAME(PRENT) \_\_\_\_\_

Email address \_\_\_\_\_

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1. PROGRAM NAME \_\_\_\_\_

TIME \_\_\_\_\_ DAY \_\_\_\_\_ AMOUNT \_\_\_\_\_

2. PROGRAM NAME \_\_\_\_\_

TIME \_\_\_\_\_ DAY \_\_\_\_\_ AMOUNT \_\_\_\_\_

3. PROGRAM NAME \_\_\_\_\_

TIME \_\_\_\_\_ DAY \_\_\_\_\_ AMOUNT \_\_\_\_\_

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## ON THE HORIZON

- **BASEBALL/SOFTBALL REGISTRATION**

January 17, 2007

- **SWIM CLUB DISCOUNT PERIOD**

March 1, 2017

- Wood Park Camp & ACS Camp Registration

March 1, 2017

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